
Did You Know?

Formula is not breastmilk, it's just artificial baby milk

Breastmilk has all the nutrients a baby needs for growth and protection from diseases. Formula does not!

Breastfed babies have:

- less vomiting and spitting up
- fewer ear infections and colds
- less constipation
- less diarrhea
- fewer allergies
- less colic
- less SIDS
- less diabetes
- higher IQ scores in childhood

Breastmilk is:

- Nature's first fast food – it's always warm - ready to go - and clean
- Cheaper - WIC doesn't give you all the formula your baby needs

Breastfeeding moms have:

- less work, and more time with baby
- less breast and ovarian cancer
- better bonding
- easier return to pre-pregnancy weight

Babies who drink formula have:

- twice as many ear infections,
- 10 times as many RSV infections
- 13 times as many hospitalizations
- more doctor visits
- more constipation, more diarrhea
- more vomiting, spitting up, and colic
- more allergies
- less protection from SIDS, Type I Diabetes, inflammatory bowel disease and some childhood cancers

Formula is:

- expensive - moms usually spend over \$1,000 in a year for formula. Moms on WIC spend several hundred dollars on additional formula, bottles, nipples and bottle liners.
- more likely to increase medical cost due to more illnesses
- messy - it stains clothes, and causes stinky diapers
- a lot of work - mixing it up, cleaning the bottles, going to the store to purchase it, warming it up

**Breastfeeding is the Best Way to
Feed Your Baby !**